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September 14-20, 2016

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# THE COLONNADE

The Official Student Newspaper of Georgia College

Raising awareness for  
**WORLD SUICIDE**  
*Prevention Day*





## About This Issue...

This issue covers a variety of topics. The News section covers Health Week at GC, coverage of the Times Talk where students and faculty debated freedom of expression, the debut of the global health minor, and covered the fall senior lunch. The Sports sections covers the upgrade of the athletic

broadcast system to YouTube, gets to know several new athletic assistant coaches and coverage of a bobcat golf alumnus and his pursuit to the Masters. The Arts & Entertainment section discusses the FTKolor Run, Hope-N-Mic Night, a profile on Blackbird baristas. This section also

overviews fall fashion in Milledgeville.

Join us for pitch meeting on Monday nights at 6:30 in The Colonnade office.

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*\*All Opinion columns are the opinion of the columnist, not of The Colonnade.*

### CORRECTION:

*The September 7 issue of The Colonnade contained an error. RSO is short for Recognized Student Organization, rather than Registered Student Organization. Our sincerest apologies for this oversight.*

**Volume 93  
 No. 3**

## Students, faculty debate freedom of speech

### Times Talk attendees discussed freedom of expression policies

Emily  
 McClure  
 @gcsunade

Georgia College (GC) students and faculty gathered in the Ina Dillard Russell Library on Sept. 7 for a Times Talk concerning university freedom of expression policies.

This discussion parallels a national conversation about freedom of expression on college campuses sparked by the University of Chicago's Committee on Freedom of Expression's statement that its campus is an open venue for free speech.

Pate McMichael, a professor of Mass Communication, facilitated the discussion based on the June 22 New York Times article "Studies in the First Amendment, Playing Out

on Campus."

The Times Talk's objective was concisely stated in its title: "Does Georgia College need a freedom of expression policy?"

McMichael opened with a brief overview of what kinds of speech the first amendment does not cover, including libel, slander and other forms of speech that the United States Supreme Court has declared to be too dangerous to be legal.

The discussion's topics ranged from whether professors should be required to use trigger warnings in the classroom to whether outside groups that practice hate speech should be allowed to express their opinions on GC's front campus.

"Where does academic freedom fall



Tori Gleeson/ Staff Photographer

Pate McMichael leads students in a discussion about First Amendment rights on campus

in this particular issue?" McMichael asked students. "What should professors be expected to do? What rights should they expect to have, and what rights should you as students have?"

GC President Steve Dorman and numerous faculty members sat quietly by, observing students express their opinions.

"I think there's a fine line and we're trying to walk

that tightrope," said mass communications major Will Anderson, a junior. "If you implement those types of rules, the other issue becomes . . . how do you regulate that? How are you able to monitor that?"

Some students in attendance argued that freedom of expression policies are appropriate because college campuses are spaces for learning about all kinds of new ideas, however radical they may be.

Other students on campus do not agree with the idea of a freedom of expression policy.

"I think that there should be trigger warnings because people don't always know what other people have gone through," said European studies major Lauren Kirby, a junior.

Kirby said her views are based off the possibility that a student with PTSD would not have any warning if a topic related to his or her trauma was brought up in a classroom setting.

McMichael mentioned GC's "3 R's" policy of Reason, Respect and Responsibility, saying that while this is GC's current guide to behavior on campus, students need to be aware of their first amendment rights.

"Part of this literacy of the first amendment is on you guys, to educate yourselves about your own rights," McMichael said to students in closing. "I would encourage you all to speak up loudly when you don't agree with what someone else is saying."



Students shared their ideas about freedom of expression throughout the Times Talk

Ada Montgomery/ Senior Photographer

# Study Abroad with Georgia College

Mondays-Thursday

2p.m. **informational sessions**  
Bone House

**opportunities abroad fair** Wednesday, September 21st  
10 a.m.-2 p.m.



**international week**  
Monday, October 24th-Friday, October 28th

Photo Contest: Submissions due Oct. 5th

Funding Workshop: Oct. 25th at 2 p.m. in A&S 364

3 p.m. for Gilman Scholars

## Health Week at GC

Wellsley  
Kesel  
@gcsunade

Student services began hosting the annual campus-wide Health Week starting, which started Sept. 12, aiming to spread awareness of student physical and mental health through various events throughout the week.

Personal health is not usually on students' top priority list at the beginning of a new semester and many often find themselves catching an illness. Not having parents around to lean on while being sick for the first time since leaving home can be a huge adjustment for some, especially incoming freshmen.

"Freshman year the flu season was starting up, resulting in me getting really sick for the first time away from home. It was very unnerving being in such a vulnerable state when my parents couldn't look after me or take me to the doctor," said Lauren Jenkins, sophomore.

Because situations like these are so common among students, Health Services decided to provide students with the resources needed to get help on their own.

"Student Health Services wanted to

provide a week where our campus learns how to deal with life stressors in a fun and healthy way", said Rachel Pope, University Health Educator.

Student Health Services planned to do this by creating fun activities and offering free goodies to students throughout the week. Monday and Tuesday of Health Week consisted of free flu shots for students in the Health Sciences building, as well as a drum circle and Zumba on front campus.

Health Week events combine both physical and mental health activities.

"Our National College Health Assessment 2015 data collected from students showed that we have high rates of mental health disparities on our campus- mainly stress, depression and anxiety," said Pope about one of the major reasons behind the importance of Health Week.

Activities for the rest of the week span from the Health Fair, which includes offering more free flu shots to students, to glow in the dark yoga on front campus held on Wednesday evening.

Pope encourages students to visit GC's health site [www.gcsu.edu/studenthealth](http://www.gcsu.edu/studenthealth) for more information on a variety of Health Week events.

The many different aspects of health presented within the week include physical, emotional, financial and mental. Health Week rounds out its emphasis on overall health by including a focus on environmental awareness.

With such a broad variety of events held this week, students will be able to locate the support and resources they will need for managing potential problems they may encounter in the upcoming semester.



Photo courtesy of Hayley Holmes

*Students receive seasonal flu shots*

# Georgia College debuts Global Health minor

Will Slaten  
@gcsunade

This fall Georgia College is making available its new Global Health minor for the first time. While some students may be interested in the minor but be unsure because their majors have nothing to do with nursing or public health. Dr. Sallie Coke, associate professor of Nursing, said this minor

is for anyone that has an interest in studying health on a macro scale.

The minor combines various different classes and fields of study, including courses in Kinesiology, Geography and Public Health. It also includes a required international fieldwork experience, to be possibly located in the Philippians, Honduras or Belize.

One quality about this minor that may attract

students is that its diverse coursework allows for overlap with several major fields of study. The object

behind the overlapping courses is to hopefully boost the amount of GC graduates who leave with a major, as well as a minor. Dr. Sallie Coke and Liz Havey of the International Education Center were the catalysts behind the new minor, but they also reached out to faculty such as professor of geography

Dr. Chuck Fahrer and Dr. Scott Butler of the school of Health and Human Performance.

Another faculty member who was instrumental in the design and implementation of the program, according to the Dean of the College of Health Sciences, Dr. Gangstead, was Dr. Kevin Hunt of the Kinesiology Program in the School of Health & Human Performance.

Although this

curriculum is new to GC, other schools across the state such as Mercer and Emory also offer this major.

"We are finding that more jobs in the real world want employees that have a global mindset," said Dr. Coke, when asked about the minor's objective. Senior Nursing major and Public Health minor Maddy Reyhan agreed.

"Understanding and researching the spread of disease is the first step in

prevention. In the US, we are really good at curing diseases yet we lack in prevention," Reyhan said.

Any student who is interested in the spread of diseases or travel abroad could enter the Global Health minor. Students in nursing, pre-med and English can all equally benefit from a better understanding of the world.

## Students turn out for senior picnic networking

Carson Gregors  
@gcsunade

Over 300 Georgia College seniors gathered in the Magnolia Ballroom on Sept. 7 for the Career Center's Senior Picnic event to network with potential employers and spend time with classmates.

"We had seniors that (went), and they (were) just there to be with their friends, get a shirt and eat the picnic lunch, but we also (had) seniors there who were going and talking with employers and brought their resumes," said Megan Bowen, Senior Coordinator of Internships and Employer Relations.

Twenty-two companies and organizations were represented at the event, and four of those were

affiliated with GC, Bowen said. Despite being the largest number of employer sponsors to attend the Senior Picnic since the event started in 2011, some students felt there was a lack of potential employer representation for various degree programs.

"We're English majors and it doesn't really seem like there is anything here for us," said English major, Beverly Tessmer, senior.

Chris Evans, a physics major and senior, said his favorite part of the event was the free stuff. He said that he did not talk to any potential employers because he felt none of the represented companies operated in the field of his major.

Though the Career Center expected some students to turn out for the



Ada Montgomery/ Senior Photographer

*Students check in at the Senior Picnic where they networked with potential employers*

event solely for the free lunch and T-shirt, Bowen said more degrees were represented than students may have realized.

"One thing we do here at the Career Center is help students explore what they can do with their degrees,"

Bowen said. "Even though they maybe felt there wasn't a representative for them, there probably was."

One of the principles the Career Center teaches is the idea that a degree does not equal a career, Bowen said. After graduating from GC

with a degree in art, Bowen returned to work for the Career Center in a position not directly linked to her major.

"At Georgia College, we pride ourselves in our liberal arts education and the breadth of knowledge

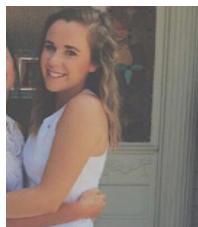
you're getting along with all of your core knowledge. So when thinking about degrees, your major isn't the only thing you're going to be good at. You have skills that will take you in so many directions," Bowen said.

# Meet the 2016 SGA senatorial candidates

JD  
Davern  
@gcsunade



**Calli McCormack**  
Candidate for Freshman Senator  
Running to gain political experience and make a difference at Georgia College



**Sarah Smith**  
Candidate for Freshman Senator  
Running to positively represent the student body by listening to their concerns



**Nicholas Frame**  
Candidate for Freshman Senator  
Running to get more involved on campus and represent the class of 2020



**Madison Capstick**  
Candidate for Freshman Senator  
Running to benefit the student body through leadership and communication



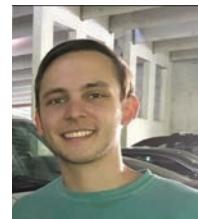
**Cameron Watts**  
Candidate for Freshman Senator  
Running to represent the student body and convert student's ideas on improving the university into reality



**Amelia Lord**  
Candidate for Freshman Senator  
Running to represent the freshman class and help the student body thrive



**Donald Schmidt**  
Candidate for Freshman Senator  
Running to represent the student body and enact positive change



**Brad Spinner**  
Candidate for Sophomore Senator  
Running to contribute to the success of Georgia College in academics and athletics



**Benjamin Jones**  
Candidate for Freshman Senator  
Running to see if this is something he would like to pursue as a career



**Alex Poppe**  
Candidate for Sophomore Senator  
Running to get involved on campus and make a difference at Georgia College



**Luke Hoelle**  
Candidate for Senior Senator  
Running to serve his peers by making more parking available to students and bringing a football team to campus



**Andrew Petraglia**  
Candidate for Senator at Large  
Running to be a liaison between the student body and the upper administration



**Joslyn Munoz**  
Candidate for Freshman Senator  
Running to become involved in order to maintain and enhance the school's excellence.



**Cameron Yeo**  
Candidate for Sophomore Senator  
Running to maintain connections with students, faculty and staff, and to see the impact on GC and the surrounding community

The following candidates did not respond to the Colonnade's survey in time to be counted:

Kenneth Adams  
Jennifer Brogden  
Christina Cortes  
Nicholas Emanuel  
Reginald Gardner  
Jasmine Gray  
Kameron Griffin

John Hughes  
Matthew Jones  
Courtney LeBeau  
Cedric Norris  
John Raville  
Kara Vining

No picture provided

No picture provided

**Rachel Wellman**  
Candidate for Freshman Senator  
Running to gain experience and get involved on campus

No picture provided

**Altimease Lowe**  
Candidate for Junior Senator  
Running to maintain relationships and focus on campus safety and emergency preparedness

No picture provided

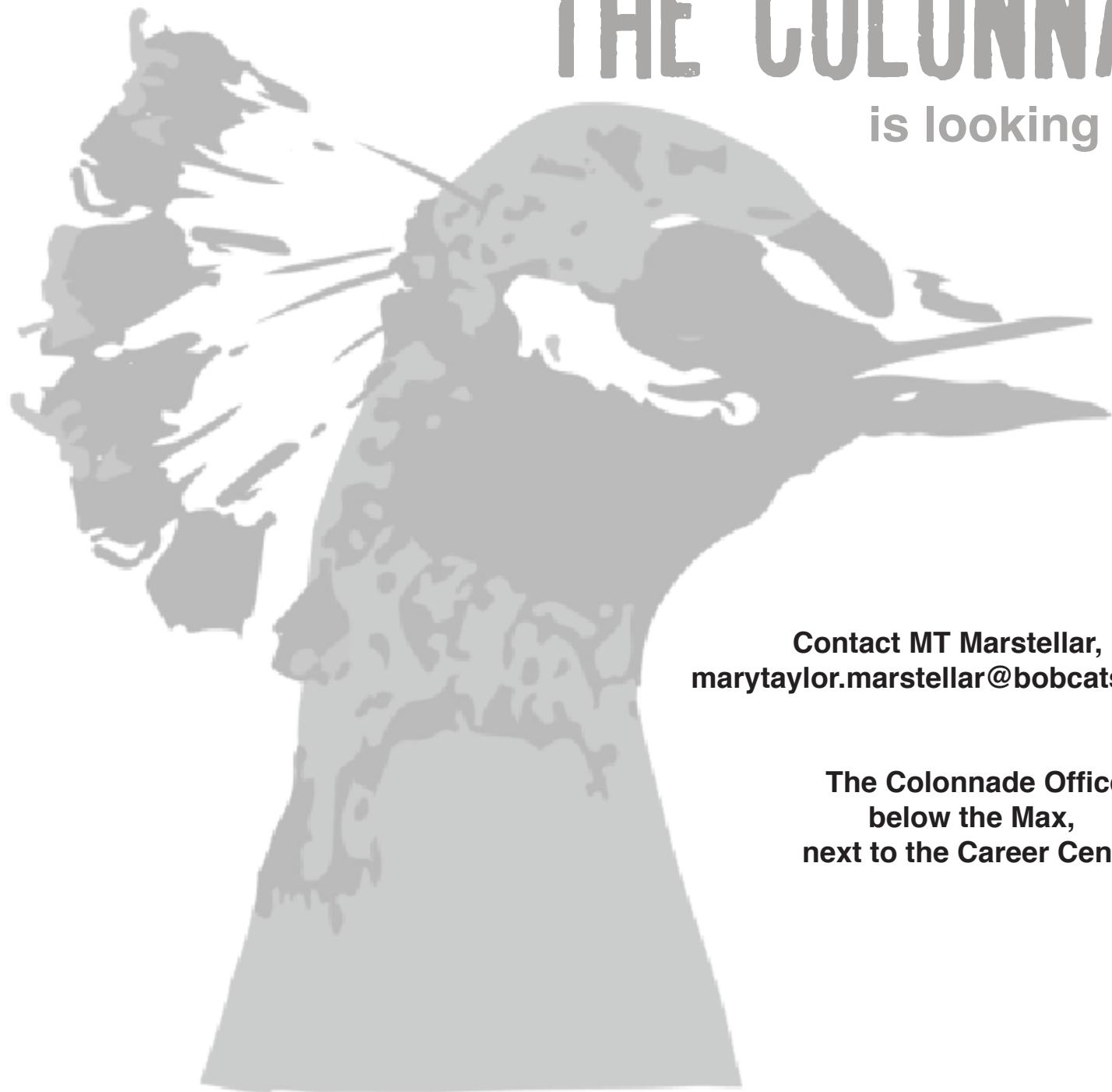
**Joshua Astarita**  
Candidate for Freshman Senator  
Running to help students get involved in community projects and campus life

**Mike Muller**  
Candidate for Sophomore Senator  
Running to represent the student body and change the library's hours of operation back to 24/7

# HELP WANTED!

## THE COLONNADE

is looking for a...



Contact MT Marstellar, EIC  
[marytaylor.marstellar@bobcats.gcsu.edu](mailto:marytaylor.marstellar@bobcats.gcsu.edu)

The Colonnade Office  
below the Max,  
next to the Career Center

# DIGITAL CONTENT MANAGER!



## You Can't Hide the Smell

### \*Obtained from Milledgeville Police Department\*

On Sept. 9, Officer Davis was dispatched on a call about the smell of marijuana coming from a Georgia College residence hall. When she knocked on the door, however, he denied having any marijuana. After consenting to a room search and answering questions, he retrieved a small glass jar from his desk. Inside the jar was a plastic bag containing a leafy green substance believed to be marijuana. Another student in the room admitted to previously smoking that evening. The jar and its contents were placed in an evidence locker. The case has been referred to Student Judicial.

## Almost Got Away With It

### \*Obtained from Milledgeville Police Department\*

While on foot patrol at 2 a.m. on Sept. 7, Officer Hatcher found a student sitting on a bench outside of a Georgia College residence hall. When she approached the student, she noticed his eyes were bloodshot and that he was wearing a wristband commonly used to obtain alcoholic beverages downtown. When joined by Sergeant Smith, she asked the student how old he was. When the student said he was 18-years-old, Officer Smith asked him to hand over his fake ID, which he willingly handed over. The student was then told that he would be referred to Student Judicial for the possession of the fake ID and for the underage possession of alcohol.



## When Drugs Don't Mix

### \*Obtained from Milledgeville Police Department\*

At 5 a.m. on Sept. 7, Officer Hatcher responded to a call about an individual passed out in front of a Georgia College residence hall. Upon arrival, they found the student on the ground, smelling strongly of marijuana and alcohol. When Officer Brinkley arrived, the two officers tried to shake the student awake, but he was unresponsive. The officers then dispatched for EMS. However, before their arrival the student began to wake up. The officer found his wallet outside the doors of the building. After helping the individual sit up, the student began shivering and told the officers he was cold. The officers grabbed the medical bag from their car and wrapped the student in a safety blanket. Once he stopped shivering, he was able to speak more coherently, and the officers questioned him about his drug use and what he had taken that night. He admitted to taking five bars of Xanax, which were not prescribed to him, along with his prescribed dosage of Adderall. Additionally he said he had smoked marijuana and drank alcohol downtown the night before. EMS arrived on the scene, and they gave the student the option to go to the hospital or to sign a release form. After signing the waiver and refusing medical service, the officers informed the student that he would be referred to Student Judicial.

# SPORTS

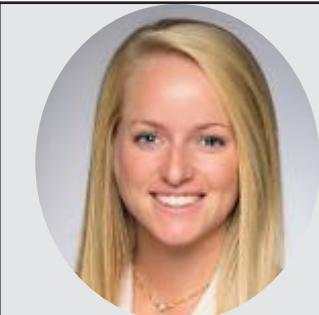
Michael Campagna Co-Sports Editor

September 14-20, 2016 Steven Walter, Co-Sports Editor

## GC Athletics adds new assistant coaches

An inside look at the four of the new assistant coaches for GC sports.

Lizzy  
Kidney  
@gcsunade



**Katie  
Krupp  
Tennis**

Former GC tennis player Katie Krupp has now transitioned to an assistant coaching position for the Bobcat tennis team. Krupp has played with many of the girls on the current team and is excited to form stronger relationships with them on and off the court while being in a different position. "I really want to push the girls," she said. "I want them to have confidence in themselves and know that they can be successful." Krupp enjoyed a great experience here at GC, and wants to be able to provide both current and future players with a great experience as well.

Coming to Georgia College after playing soccer at Berry College for four years, Matt Seib is now an assistant coach for Bobcat soccer. "I came to GC because it is an unbelievable atmosphere," Seib said. "The athletic department has a very supportive environment and it seemed like a great fit for me." Matt looks forward to being very competitive this season, while maintaining a very positive and supportive team and coaching staff. He hopes to share solid knowledge of the game as well as being someone who is supportive both on and off the field. He believes that with the right motivation and desire to win games, the team has a very good chance at being successful in the Peach Belt Conference. "I chose to coach because of my college coaches and the great experience I had because of them," Seib said. "They provided me with an unbelievable student athlete experience, and that is what I am hoping I can provide for other athletes here at Georgia College."

**Matt  
Seib  
Soccer**



**Michelle  
McNeight  
Volleyball**

Graduate and four-year volleyball player from Davidson University Michelle McNeight is now the assistant volleyball coach for Georgia College. "I had the opportunity to play for coach Krumdieck at Davidson, and after I graduated she invited me to come look at Georgia College," McNeight said. "I fell in love with the campus and the idea of being a part of a newer program." She hopes to bring another perspective to the team, as well as help to plan and organize special events and community service. "I want to help create a balance of being successful both on and off the courts, as well as bring positivity and encouragement to the team." McNeight is most looking forward to the conference tournament because it is being held here at GC and is a big deal for the program. "I have always loved being a part of a team and the atmosphere that comes with it," McNeight said. "Everyone is working towards a common goal and the overall bobcat community is great."

After playing soccer at Georgia College for four years, Abby Dalton has now stepped into a role as an assistant coach for the Bobcats. Because of her experience on and off the field, making the transition from player to coach was an easy decision for her. "Since I played for Coach Clark and have been in a lot of these players' shoes, I hope to be a role model for the team," she said. "I had the opportunity to play with the current juniors and seniors while I was in school, and now it is fun to see how they have improved from a coaching perspective." Abby says her love for soccer and the experience she had playing at Georgia College made accepting the coaching offer an easy decision. She looks forward to seeing how well the team does this season.

**Abby  
Dalton  
Soccer**



Photos courtesy of GC Athletics



Courtesy of GC Athletics

Cross-country runner Katherine Yost, a junior, finished first out of 119 runners at the Bobcat Invitational on Saturday at Council Farm. Her performance was highlighted by a time of 23:01 in the 6K, 34 seconds ahead of any other runner,

making it the second-best time in the history of Georgia College women's cross-country. Only GC alumnus Rachel Pasko owns a better time in Bobcat history, setting the record at 22:37 in November of 2014. Yost's previous best was 23:58, almost a minute

more than her performance on Saturday. The women's team as a whole finished fourth in the event, with 102 team points. The cross-country teams will compete again on Saturday, Sept. 17 at the University of Montevallo for the Falcon Classic.



Courtesy of GC Athletics

# Golf alum shoots for Masters



*Bobcat Golf alum Joe Young looks to qualify for the Masters after advancing to the preliminary matches.*

Monica  
Klinkmueller  
@gcsunade

Bobcat golf alumnus Joe Young shot a 72 at Cuscowilla on Lake Oconee on Aug. 9, and this low score qualified him to play at the U.S. Mid-Am Championship at Stonewall Links in Philadelphia. The winner of this tournament will head to Augusta to compete in the Masters.

"Anytime you qualify for a tournament, it gives you a great sense of accomplishment and helps to boost your confidence going forward," said Young. "What made it more special to me was that I had my father caddy for me during the qualifier, and that was the first time in years that he had been able to see me

play and compete."

Young is no stranger to a golf course, as he began learning how to play at the early age of 10. He decided to fully dedicate himself to the sport at 13. Unlike some other golf players, though, Young was not surrounded by the sport as a child.

"No one else in my family has ever played golf, but my older sister worked at the local golf course when she was in high school," said Young. "I began going out there with her after school, and one of the owners, Charlton Norris, started teaching me the game."

After attending Bleckley County High School in Cochran, Georgia, and spending all four years on the school's golf team, Young headed to



*Photos courtesy of GC Athletics*

Milledgeville to play for the Bobcats. Coached by Jimmy Wilson, Young had a remarkable career at Georgia College, earning three All-American honors and All-Peach Belt Conference accolades every year. He ended his years at GC with an excellent career stroke average of 73.02.

"The four years that I was at GC, the golf team was never ranked outside the top 10 in the country," said Young. "We always had a great team that was extremely competitive and pushed each other to get better each day, but also liked to have a lot of fun together off the golf course."

With the Mid-Am Championship on Sept. 10-15, Young has been sticking to his routine in order to

prepare for the tournament. Even with the high stakes of potentially playing in Augusta on golf's biggest stage, Young is still enjoying the experience.

"I don't think it adds any pressure at all, it would just be the icing on the cake of a great week," said Young. "Growing up in Georgia, the Masters has always been as good as it gets in the golf world. The opportunity to be a part of that I think helps to make me more focused and determined."

After the tournament, Young plans to head home to Athens to continue to finish up his master's degree in Forest Business Management at the University of Georgia, and hopes to remain competitive in amateur golf.

# GC Athletics upgrades to YouTube

Jennifer  
Jacobs  
@gcsunade

The Bobcat Broadcast Network has switched their live-streaming platform to YouTube from Ustream this year. With this transition, fans will be able to watch any GC athletic event live on YouTube, listen to play-by-play commentary and review old, archived games. Along with that, the staff at the GC Athletic Department will also conduct one-on-one interviews with players that will also be uploaded to the channel.

"We had to get some newer stuff to be able to send it over to YouTube," said assistant athletic director Al Weston. "It was pretty easy deciding to do it."

Before completely switching over to YouTube, GC games were live-streamed on Ustream. The GCBobcats channel was only used for packages and interviews.

This move is huge, and according to Bobcat

women's soccer player Millie York, "it's brilliant." York is a senior from Hove, England. There is a five-hour time difference between Milledgeville and England, so York's family back home wouldn't be able to consistently watch her play.

With the move to YouTube, York's family will be able to watch any of her old games and won't have to worry about having to stay up late at night to watch her play. "It's also nice because I can even go back and watch myself," York said. "It's not [filmed] so far away that I can't see anything."

In the future, Weston would like to add more cameras and have more students involved with the Bobcat Broadcast Network.

"We'd like to get more content and try to bump up and make our broadcast more exciting," said Weston.

Interested in watching a game live? Log on to YouTube and subscribe to the "GCBobcats" channel.

**UP NEXT...**

**FRIDAY, SEPT. 16**

**Bobcat Tennis**  
Men's and  
Women's Fall  
Championship  
Matches Begin

**Bobcat Women's**  
Volleyball  
at Montevallo  
7 p.m.

**SATURDAY, SEPT. 17**

**Bobcat Tennis**  
Men's and Women's  
Fall Championship

**Bobcat Cross Country**  
Falcon Classic  
at Montevallo  
Men: 9 a.m.  
Women: 9:45 a.m.

**Bobcat Women's**  
Volleyball  
at Columbus St.  
2 p.m.

# Hope and flying colors

## GC Miracle, ATO and Phi Mu team up to host fundraising color run

**Mckenna  
Jones  
@gcsunade**

GC Miracle, Phi Mu and Alpha Tau Omega hosted the first annual FTKolor Run 5K and 1 mile Fun Run on Saturday, Sept. 10. Benefiting the Children's Miracle Network and the American Foundation for Suicide Prevention, these on-campus organizations came together and allowed everyone to participate in a fun, philanthropic activity.

"This is our first major fundraising event for ATO and we could not have been more lucky than to be able to partner with Phi Mu and GC Miracle," said ATO's signature event committee member, Frank Hohenstein, a sophomore. "As a fraternity, we in

ATO want to be known for

supporting our community and make a difference in the world. ATO does not have a national philanthropy, so we were able to choose a foundation that meant a lot to us."

This event was not just for Greek life. The color run was a great way for all of Georgia College to come together for a united cause and have fun doing it. Ansley Jones, Phi Mu's philanthropy chair, has been planning this event for some time now.

"We had the idea to do [a color run] last April, but we did not really start working on it until May," said Jones. "In August is when we really started pushing everything out and working on the rest of the

stuff."

There was also an event for those not interested in running, which allowed people to pay for a bag of color and throw it at runners. Tables were set up to inform individuals about the organizations.

"We also had an option for people to be 'color ninjas' where you could pay to be given a bag of color and you could go wherever on the race course and throw it at your friends," said Jones. "We also had tables set up that day that told people about all of the organizations and where their money was going."

Jones added that she felt humbled by the event coming together and having so many people sign up. Participants raised money

to help the Children's many together.

Miracle Network and the American Foundation for Suicide Prevention, causes that are important to many on campus. This shared passion is what drew so

"I am really excited to support GC Miracle and AFSP. I love that it's open to anyone who wants to do it," said Maddie Hersom, a participant in the FTKolor

Run. "I really see a lot of Greek and campus unity, and I think that's really important, especially coming together for philanthropy events."



Georgia College students unite to raise money for Children's Miracle Network and the American Foundation for Suicide Prevention.

Ada Montgomery/ Senior Photographer

# Mental health takes center stage

Tori  
Gleeson  
@gcsunade

In honor of National Suicide Prevention Week and World Suicide Prevention Day on Sept. 10, GC's To Write Love On Her Arms (TWLOHA) organization hosted their very first Hope-N-Mic night this past Saturday

at Blackbird Coffee. The event was open to the public and anyone who wanted to perform (music, poetry, testimony, etc.) or share their story was honored and welcomed to the stage.

TWLOHA is a mental health awareness organization that focuses on bringing awareness to

mental illnesses, along with working to defeat the stigma surrounding it. The organization strives to bring the realities of mental illnesses to light while also encouraging those struggling to come together within the community.

"We planned this Hope-N-Mic night to let people share their stories and for others to be able to hear those stories and know they aren't alone in their struggles," said Sierra Wirt, president of TWLOHA. "To go even further, I want people to be proud of who they are and of their story. I don't want mental illness to be something to be ashamed of, because it's not."

Audience members

also had the opportunity to participate in visual activities like writing out their biggest fear and greatest dream on slips of paper. These would eventually all be pinned up on a giant sheet so they could be shared with and seen by others. The event had a great student turnout and the support shared by each member of the audience really filled the room with hope and inspiration.

"It was awesome getting to hear everyone's stories and what they've all been through," said sophomore Conner Kocks, co-host of the evening. "It was amazing to be a part of

Audience members

empowering, event."

With this only being their first event of the semester, TWLOHA has many things planned to spread more awareness throughout the GC community. #ToWriteLoveLetters is one of their biggest events, where members table on campus and hand out encouraging letters with messages that say, "you are loved" or "you are worth it."

These students are passionate about defeating the stigma and providing understanding for and about mental illnesses. It's what makes this organization special.

"This organization is such a vulnerable, yet

Wirt. "To me, it's about making people happy and letting them know they aren't alone in this world. Letting them know there is hope, help is out there and recovery is possible."



Tori Gleeson/ Staff Photographer

In the basement of Blackbird, students share personal stories regarding mental health.

# Handcrafted and homegrown

Lexi  
Garofalo  
@gcsunade

The Farmers' Market is a lot more than just veggies!

Get up close and personal with your local farmers and be a 'locavore!'

Come out every Tuesday from 2 p.m. through 6 p.m. to The Pavilion in downtown Milledgeville at 214 E. Hancock St. (to the right of Golden Pantry) from April until October and enjoy a variety of local

grown fruits, vegetables and an array of handcrafted items.

Eating a spectrum of locally sourced foods is not only good for our health, but also the overall health of our community.

Gloria and Kayt are two local crafters who sell hand-made lotions, soaps, skin care products and jewelry. They even have their own series of self-published books. Every Tuesday, author Kayt has her adventure-driven books, *The Chronicles*, proudly on display and for sale. Both of them appreciate that the

farmer's market showcases local artisan crafters and local farmers.

Local farmer and baker Sharon has been a fixture at the Milledgeville farmers market for the past seven years. She makes delicious homemade breads, butter pickles, relishes and other hand-canned goods. She even gives out free, scrumptious samples. In particular, she suggests trying her squash with a veggie medley, salads or even on sandwiches for enhanced flavor. Sharon grows her own herbs and only uses unbleached flour

in her breads.

Sharon and the other vendors enjoy making people happy and healthy. The vendors at the Milledgeville Farmers' Market sell fresh, seasonal, nutritional, organic,

homegrown foods at reasonable prices. Schedule a trip to the farmer's market and get a chance to eat healthier, shop and meet some the amazing people of Milledgeville every Tuesday at the marketplace.



Ada Montgomery/ Senior Photographer  
The farmers' market offers fresh, local products.

# Milledgeville puts the white away

Abby  
Collins  
@gcsunade

When the pumpkin spice latte has created a snapchat filter, you know the seasons have changed. Although Milledgeville seems to never reach winter's full potential, you can still see students wearing ripped jeans and patterned wool socks in a middle of heat wave. For gentlemen, fall means longer chubbies and tan wallabies. For ladies, fall is not just replacing

change.

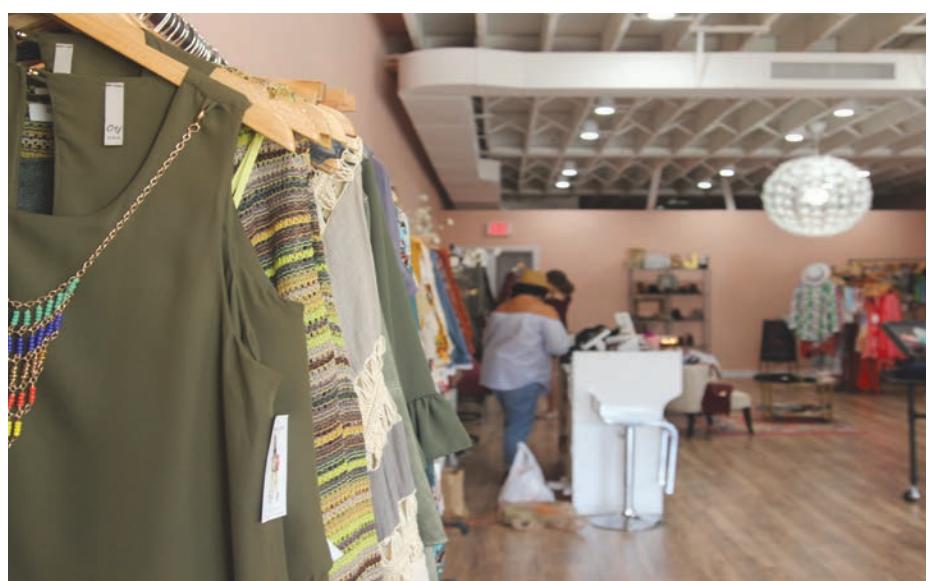
It seems that fall fashion evolves quicker than Apple products, and before we know it our favorite scarf is two seasons too worn and scuffed up shoes are in style. Milledgeville is filled with boutiques that are eager to update their racks and lower the price of summer clothes, which means that all that is left of summer are a few sandals and shorts. There are a variety of trends that

and turn the heads of every gentleman from local shops such as French Vill'Edge, Jack and Darcy, Shelvey Jean and Chatter.

In a small town like Milledgeville, it is common for boutiques such as Shelvey Jean to recognize you when you first stroll in. Employee and fashion guru Emily Hammer is anxiously waiting to replace her Birkenstocks for a pair of booties.

"This year will include a variety of additions, including but definitely not limited to: double-buckle belts, over-the-knee boots, jean skirts and peasant top sleeves," said Hammer. "What I am most excited about is either a choker comeback or the double-sided belt!"

Another downtown boutique with similar styles but different designs is French Vill'Edge. The owner, Adeline Manceau, helps customers create



Ada Montgomery/ Senior Photographer

*Milledgeville's local boutiques offer unique collections for fall fashion.*

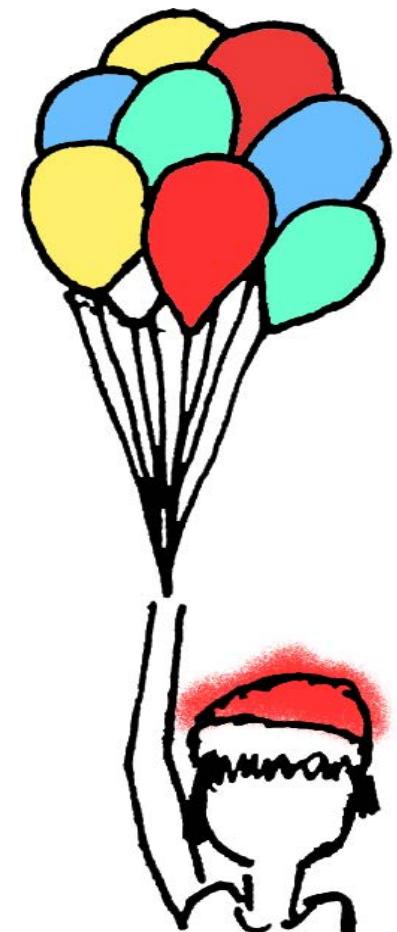
the best combination of lace and leggings. She

returning, but with some minor changes.

was able to share her personal aspirations for this upcoming season, expressing her excitement about layers and the variation of color schemes that will be returning this fall.

From an olive-green piko to a red wine blouse, flare jeans to fall florals and beaded necklaces to charcoal chokers, Manceau added that many trends from last year will be

four-month holiday, filled with flowy blouses, floral dresses and falling leaves. Wherever and whatever you decide to purchase, make sure you pick up some of this season's favorites and share some love with Milledgeville's local boutiques.



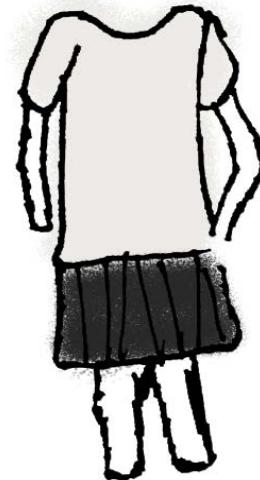
occasion. During the afternoon, you can wear it one way and add more as the night goes on."

Fall fashion is somewhat of a



our strappy, backless sundresses – it is a lifestyle

are going to reshape the women of Milledgeville



Ada Montgomery/ Senior Photographer

# Art-to-Art Talks

with Mary Kate Conner

Since the last three Art-to-Art talks have taken place within the artfully worn, caffeine-infused walls of Blackbird Coffee, it was only fitting that I cap it off talking with the people at the heart of your favorite local coffee shop. Honestly, this article stems from my pure admiration of their skills and gratitude for their gifts of coffee and community. Whether they are roasting a batch of coffee, crafting a dirty fogle chai or perfecting their latte art, these coffee slingers are certainly artisans.

I spoke with long-time barista, now current manager and head roaster Bailey Warr, and fledgling employee Shelby Spooner, a junior at Georgia College. Both agree that their job certainly takes skill.

"I feel like I'm always in training," said Spooner. "It depends on every single batch of coffee we get in, every type is different."

But besides the killer menu they provide, Blackbird acts as a cultural hotspot for the Milledgeville community that keeps customers

coming back for more than just the coffee.

"We see a lot of the same people that are always coming in," said Spooner. "I would say the environment we put on, like the cultural, art-vibe, people really appreciate that. That's what drew me in two years ago."

Warr agrees that the physical space provides a unique environment that lends itself to the culture in Milledgeville.

"The atmosphere is a huge part of it, sort of a common place that can

provide a common area for all types of people," said Warr.

On top of that, their love for what they do makes Blackbird that much more welcoming.

"We obviously all really enjoy what we do and we're proud of what we serve, so being able to share that and share our love of coffee and our knowledge of coffee with the community is also part of [what we provide]."

Both baristas shared that their work at Blackbird has been a very rewarding experience. Spooner, who began working there for two years, has learned more than just how to make good coffee.

"Growing with my family here... it was something that I was not anticipating," said Spooner. "I spend the majority of my time with these people and I love 'em."

Warr pointed out that growing up with and learning from the people around them is a shared experience for customers and baristas alike. And it is this aspect that really leaves an impact on those who frequent the little coffee shop.

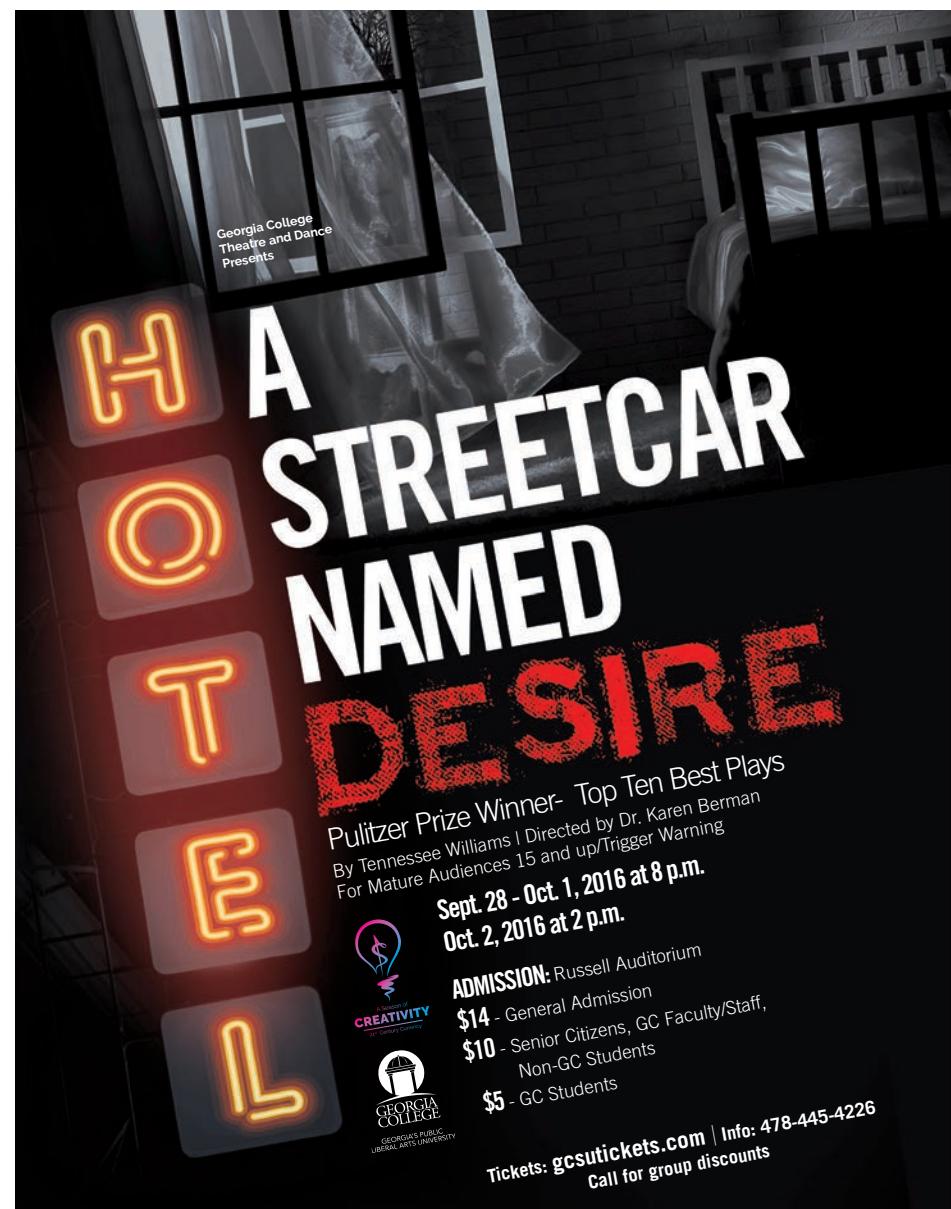
"Obviously, every four years the crowd changes. This is a very transitional place to live, you see a lot of people come and go," said Warr. "But that's what's really rewarding, is not just making everybody

that currently lives here really happy, but to have people that are making a point to [come back] and still talk about how much they love this place even when they don't live here anymore."

The next time you wander over to The Bird for a coffee date, a long study session, or for a night of improv or poetry readings, your baristas have some menu recommendations. Warr recommends a latte in a mug; Spooner, a medium cappuccino. (Note: if you are curious about what differentiates the two, talk to your barista!) With such an expansive and unique menu, why these two seemingly plain drinks?

*Blackbird barista, Shelby Spooner, perfects her latte art.*

"We like to be a little competitive with latte art and sort of try to hone in our skills and improve in latte art," said Warr. "And just a basic, regular steamed latte is the best way to really kind of show what you got skill wise, impress your customers, and impress your coworkers." Now head on over to Blackbird and show your baristas some love.

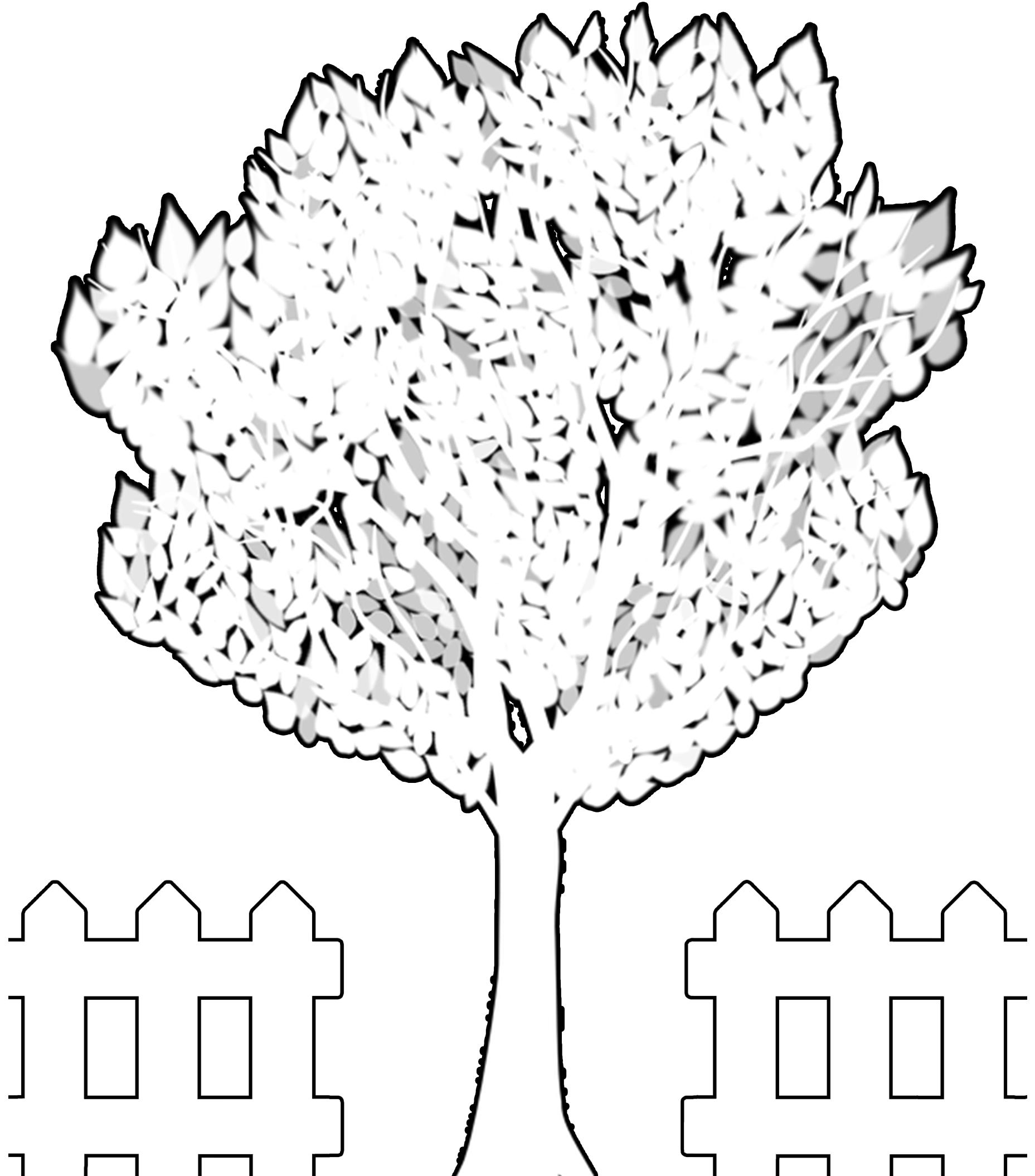


Mary Kate Conner/Staff photographer



Want to win a \$20 gift card to Chick-Fil-A? Color the following picture and return it to The Colonnade Office (MSU 128) by Monday, Sept. 19 to be entered to win.

# Fall Coloring Page



# SALE

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